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| **Carrot dip (yoğurtlu havuç)**  **& Tzatziki**  Serves 24 tastes  Source: SBS Food and Mr Wilkinson’s Vegetables | |
| **Ingredients**  Carrot Dip  5 carrots, grated  1 tablespoon olive oil  200g Greek style yogurt  1 small garlic clove (use microplane)  Pinch of salt  Tzatziki  2 Lebanese cucumbers, grated and liquid squeezed out  400 gms Greek style yogurt  1 large clove of garlic (microplane)  White pepper and salt  2 tablespoons chopped parsley, dill and mint  1 tablespoon white wine vinegar  2 tablespoons olive oil | **Equipment**  Chopping board  Knives  Frypan  Grater  Microplane grater  Measuring cups and spoons  Mixing bowls  Measuring scales |
| **What to do:**  Carrot dip   * Cook the grated carrots in a frying pan with 1 tablespoon of olive oil until just softened. Remove from the pan spread out and leave to cool * Combine the yoghurt, garlic and salt and mix well. Stir in the cooled carrot. Scoop into a serving bowls, and drizzle with a little extra olive oil   Tzatziki   * Combine all ingredients in a bowl and mix well. Scoop into serving bowls, and drizzle with a little extra olive oil   Pitta chips   * Serve | |